Just Common Sense: Plant-Based Diet Will Destroy Your Bone Health

bartoll.se/2025/08/plant-based-bone-mineral-loss

Joachim Bartoll August 12, 2025

There are a lot of simple concepts and truths that you do not need studies or meta-analyses to understand — they are simply common sense; such as the fact that a plant-based diet is virtually deficient in every single nutrient and will break down your body as if you were experiencing a slow-paced starvation. Common sense. I covered the very simple physiology and biochemistry behind this in several articles such as "*Plant Toxins, Accumulated Toxicity, Tissue Damage, And a Decreased Lifespan*," "*Wise Up! Antinutrients? Everything In Vegetables Is Unusable And Toxic To Humans!*," and "*Real Organic Nutrients Make A Meal More Satiating*."

Actually, I have a whole archive devoted to nutrient deficiencies, malnutrition, hunger and cravings.

With that in mind, let's see what Examine.com has summarized for us this time, and what retarded conclusion they might come up with.

Quick Summary

> *"In this meta-analysis of 16 case-control studies and 4 cross-sectional studies in 243,366 participants, a plant-based diet was compared to an omnivorous diet to establish a lower or higher risk of osteoporosis at the lower spine."*

First of all, an omnivorous diet is complete trash as humans are obligate hyper carnivores, we are only meant to consume the flesh, fat and produce of animals, which is something the governing elite will never admit as that would make the population healthy, strong and independent, and it would eradicate every single "disease" and make the pharmaceutical industry and 99% of the food industry totally obsolete (which they are and always has been.)

Still, while highly toxic due to the plant-based- and processed foods, an omnivorous diet might be enough for some people to prevent malnutrition, depending on how much nutritious animal-based foods they consume, which is impossible on anything fully plant-based.

So, the largest problem on an omnivorous diet is the toxic load from inappropriate foods, while those who are plant-based face both extreme toxicity and severe malnutrition.

Key Study Details

> *"This study compared the bone mineral density (BMD) (as an indicator of osteoporosis risk) of participants who were eating either a plant-based or omnivorous diet.*
>
> *Compared to the omnivorous diet, plant-based diets were associated with 144% higher odds of osteoporosis at the lumbar spine (the lower back areas of the spine). Eating a vegan diet was associated with 45% higher odds at this site. Although the overall analysis was inconclusive, eating a plant-based diet was associated with 79% higher odds of osteoporosis at the femoral neck (upper thigh bone) in adults aged 60 years or older.*
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> *The evidence quality ranged from poor to good, and heterogeneity was high across studies."*

No surprises here. Not only does the extreme toxicity of a plant-based diet force your body to leak minerals to aid in detoxification and healing, it will also suffer from lack of minerals (and all other essential nutrients) due to an inappropriate and very retarded diet.

This is why vegans look gaunt within months and like walking corpses within a year. They lose bone mineral density all over and it's always very evident in the face with their small feminine jaws, pencil necks and sunken eyes.

Examine.com's take

> *"This study suggests that plant-based diets may negatively affect bone health. However, the observational design, inconclusive results for the femoral neck analysis, and wide variability among studies limit our confidence in the findings."*

Damn, these guys at Examine are not the brightest of the shilling bunch. The femoral neck, as in the upper thigh bone will not deteriorate as rapidly as the lower back areas of the spine, as people actually tend to move around a little, you know as in walking — even when they are past 60-years old (which is very young if you follow a species-appropriate diet.) This puts some stress on the legs and the bones of the legs, which preserves some of the minerals as the body turns elsewhere to get what it is missing. However, most people also sit on their asses most of their days, fiddling with stupid smart phones and what not. So, the lower back becomes more susceptible than the large leg bones.

And there is no "limiting our confidence" in these findings as they are logical and should be common sense. If you follow a retarded and nutrient deficient diet, as in a plant-based diet, your body will break down. It's simple. No studies needed.

If you need help with any kind of health problems or transitioning from your current way of eating to our natural species-appropriate, species-specific way of eating, I'm available for both coaching and consultation.

Coaching and Consultation

And if you found the article and my insights helpful and enjoy my daily free information, please consider donating to help pay the webhosting bills and keep the site running. And if you're interested in discussing and sharing information with likeminded people, consider joining our uncensored community at Ungovernable.se. Thank you!